Walking on Ice …

And other slippery surfaces

Walking on Ice & Snow, etc.

- No matter how well the ice & snow are removed from streets & sidewalks, people will encounter slippery surfaces when walking outdoors in the winter.

Walking on Ice & Snow, etc.

- Many cold weather injuries are the result of falls on ice-covered streets and sidewalks.

Walking on Ice & Snow, etc.

- Getting around on icy surfaces calls for planning, caution, and a little common sense.

What to Wear

- Dress warmly and wear boots with non-skid soles. (Avoid plastic and leather soles.)
- Wear a bright scarf or hat or reflective gear so drivers can see you.

What to Wear

- Keep warm, but make sure you can hear what's going on around you.
- Whatever you wear, make sure it doesn't block your vision or make it hard for you to hear traffic.

What to Wear

- During the day, wear sunglasses to help you see better and avoid hazards.

How to Walk

- Plan ahead and give yourself enough time.
- When walking on steps, always use the handrailings and plant your feet firmly on each step.

How to Walk

- When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction.

How to Walk

- Bending your knees a little and taking slower and shorter steps increases traction and can greatly reduce your chances of falling.
- It also helps to stop occasionally to break momentum.

How to Walk

- Approach cleared streets & sidewalks with caution. Look out for “black ice.”
- Dew or water vapor can freeze on cold surfaces, forming an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement.
- It can happen early in the morning or in areas shaded from the sun.

How to Walk

- A heavy backpack or other load can challenge your sense of balance.
- Try not to carry too much—you need to leave your hands and arms free to better balance yourself.

How to Walk

- Be prepared to fall and try to avoid using your arms to break your fall.
- If you fall backward, make a conscious effort to tuck your chin so your head won’t hit the ground with full force.

How to Walk

- When entering a building, remove as much snow and water from your boots as you can.
- Notice that floors and stairs may be wet & slippery—walk carefully.

How to Walk

- Use special care when entering and exiting vehicles. Use the vehicle for support.

Where to Walk

- Walk on sidewalks if possible.
- If sidewalks are covered with snow & ice, one option is to walk along their grassy edges for traction.

Where to Walk

- If you must walk in the street, walk against the flow of traffic, as close to the curb as you can.
- Taking shortcuts through areas where snow & ice removal is not feasible can be hazardous.

Avoid Areas with Falling Ice

- As if there wasn't enough danger of falling on ice, you must be aware of ice that might fall on YOU!

Avoid Areas with Falling Ice

- Watch out for: Icicles hanging from eaves, sheets of ice on sloping roofs, and tree branches covered with ice.
- They can fall quickly and silently.

Dealing with Traffic

- Before stepping off the curb, make sure all cars and trucks have come to a complete stop.
- Due to poor road conditions, motorists may not be able to stop or slow down for pedestrians.

Dealing with Traffic

- Be on the lookout for vehicles sliding in your direction.
- Vehicles should yield to snow removal equipment in streets and parking lots.